

ABSTRAK

ASUHAN KEPERAWATAN GANGGUAN MOBILITAS FISIK DENGAN PENERAPAN ROM PASIF PADA PASIEN *POST LAMINECTOMY* *SEKUNDER LUMBAR SPINAL STENOSIS* DI RUANG H1 RSPAL Dr. RAMELAN SURABAYA

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Lumbar spinal stenosis (LSS) merupakan kondisi patologis akibat penyempitan kanal spinal di daerah lumbal yang menyebabkan kompresi saraf spinal, sehingga menimbulkan nyeri punggung bawah, kelemahan ekstremitas bawah, dan keterbatasan mobilitas. Salah satu penatalaksanaan LSS dengan gejala progresif adalah tindakan laminektomi untuk mengurangi tekanan pada saraf. Namun, pascaoperasi laminektomi, pasien sering mengalami keterbatasan gerak akibat nyeri, inflamasi, dan kekakuan sendi, yang dapat mempengaruhi kualitas hidup apabila tidak dilakukan rehabilitasi yang tepat. Penelitian ini bertujuan untuk mendeskripsikan asuhan keperawatan pada pasien dengan gangguan mobilitas fisik melalui penerapan latihan ROM pasif. Desain penelitian yang digunakan adalah studi kasus dengan dua pasien *post- laminektomi* sekunder LSS di Ruang H1 RSPAL Dr. Ramelan Surabaya. Pengumpulan data dilakukan melalui wawancara, observasi, studi dokumen, dan menggunakan instrumen lembar pengkajian keperawatan. penelitian menunjukkan bahwa penerapan latihan ROM pasif selama tiga hari pada kedua pasien efektif dalam meningkatkan kekuatan otot, memperbaiki rentang gerak sendi, dan mengurangi keluhan nyeri. Selain itu, latihan ini juga membantu mempercepat proses pemulihan mobilitas ekstremitas bawah. Latihan ROM pasif merupakan intervensi keperawatan yang sederhana namun efektif dalam membantu pemulihan pasien *post- laminektomi* sekunder LSS. Penerapan intervensi ini diharapkan dapat menjadi salah satu rekomendasi praktik keperawatan untuk meningkatkan kualitas asuhan dan mempercepat rehabilitasi pasien dengan gangguan mobilitas fisik.

Kata kunci: Lumbar spinal stenosis, laminektomi, gangguan mobilitas fisik, ROM pasif, Asuhan keperawatan

ABSTRACT

NURSING CARE PHYSICAL MOBILITY DISORDERS WITH THE APPLICATION OF PASSIVE ROM IN PATIENTS POST LAMINECTOMY SECONDARY LUMBAR SPINAL STENOSIS IN ROOM H1 OF RSPAL DR. RAMELAN SURABAYA

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Lumbar spinal stenosis (LSS) is a pathological condition characterized by abnormal narrowing of the spinal canal in the lumbar region, causing compression of the spinal nerves. This condition leads to lower back pain, weakness of the lower extremities, and limited physical mobility. One of the management options for progressive LSS is laminectomy, which aims to relieve nerve compression. However, post-laminectomy patients often experience restricted mobility due to pain, inflammation, and joint stiffness, which can negatively impact their quality of life if not managed with appropriate rehabilitation interventions. This study aimed to describe nursing care for patients with impaired physical mobility through the implementation of passive Range of Motion exercises. The research design used was a case study involving two post-laminectomy patients with secondary LSS in Room H1 at RSPAL Dr. Ramelan Surabaya. Data collection was conducted through interviews, observations, document studies, and nursing assessment sheets. Showed that the application of passive ROM exercises for three consecutive days effectively improved muscle strength, enhanced joint range of motion, and reduced pain in both patients. Furthermore, this intervention supported faster recovery of lower extremity mobility. Passive ROM exercises are a simple yet effective nursing intervention to assist the rehabilitation process in post-laminectomy LSS patients. The implementation of this intervention is expected to serve as a recommendation for nursing practice to improve the quality of care and accelerate the recovery of patients with impaired physical mobility.

Keywords: Lumbar spinal stenosis, laminectomy, impaired physical mobility, passive ROM, nursing care